

Don't use frills of any kind on a gown if you are stout. Use flat trimmings.

Don't wear wide belts.

Don't trim a skirt except at the bottom.

Don't wear a sleeve that is full below the elbow.

Don't wear an Eton coat. Always have the coat line extend as far below the waist line as possible.

Don't wear a tight-fitting coat.

Don't wear bow ties. Wear something small and narrow if a tie is required.

Don't wear fluffy things around the neck.

Let the neck finishing be as flat as possible.